



HEALTH FOR LIFE

How to Make Normal Saline

This recipe for normal saline will save you money and allow you to fix the amount you need. Other names for this solution are boiled salt water, sodium chloride 0.9% solution, or isotonic sodium chloride. Normal saline is used for cleaning wounds, suctioning, tracheostomy care and other treatments.

Supplies:

<input type="checkbox"/> Table salt (plain, not iodized)	<input type="checkbox"/> Sterile jar with lid	<input type="checkbox"/> Measuring cup
<input type="checkbox"/> Measuring teaspoon	<input type="checkbox"/> Pan with lid	<input type="checkbox"/> Timer or clock

Steps to follow:

- Wash your hands well with warm water and soap. Rinse with warm water and dry.
- Get your supplies together.
- Wash the pan and lid with mild soap and water. Rinse well with water.
- To make one (1) quart (32 ounces or 1000 cc), measure 4 cups of tap water and pour it into the pan.
- Add 2 level teaspoons of table salt to the water.
- Cover the pan. Bring the water to a boil and boil for 15 minutes. Be sure to keep the lid on the pan.
- Remove the pan from the heat. Keep the lid on the pan while the normal saline cools to room temperature.
- Pour the normal saline into a sterile jar. Close the jar tightly with a sterile lid.
- Label the jar with the date and time the normal saline was made. Also mark the date and time you should throw away or discard any that is left in the jar. This would be 48 hours after you open the jar. Here is an example of a label:

Date and time made _____
Date and time to discard _____
- Throw away unopened jars of normal saline one month after you prepared them.

If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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